

THE MANY FACES OF FEAR

ATTACHMENT, TRAUMA AND NEUROSCIENCE PERSPECTIVES



AMERICAN ACADEMY OF PSYCHOTHERAPISTS
2007 INSTITUTE & CONFERENCE

October 17–21, 2007
San Diego, California
Westgate Hotel

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The 2007 Annual Institute & Conference of The American Academy of Psychotherapists



Anxiety, fear, and panic are at the heart of the vast majority of symptoms which bring people into psychotherapy. These fear-based symptoms interfere with productivity, relationships and pleasure by leading to patterns of avoidance, rituals, depression, addiction or even disorganization of the self. Early experience is crucial to the development of basic security versus anxiety. We will look at the development and treatment of anxiety from a number of perspectives: attachment theory, trauma theory, neuroscience and others.

While there is a convergence in these perspectives, each offers a unique contribution. Further, the emphasis will be on “the what and how” of treatments, demonstrating them whenever possible because the experience of the process is impossible to fully convey through descriptions alone. Our presenters, many of whom are Academy members, are seasoned psychotherapists and bring a practice-based focus. We expect that you will leave with new knowledge, greater self-awareness, and a desire for more.

SATURDAY MORNING KEYNOTE:

Louis Cozolino, Ph.D

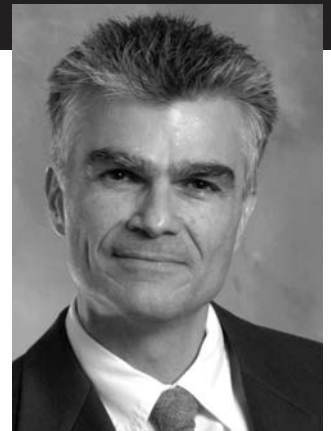
9:00 am – 12:15 pm

3 CE/CMEs

The Fearful Brain and the Evolutionary Necessity of Psychotherapy

°We now have considerable evidence to support the idea that the human brain is an organ of adaptation, sculpted by natural selection to enhance our survival. The brain is shaped through both heredity and experience through the interacting processes of template and transcription genetics. Thus, the neural architecture of each of our brains is a reflection of our evolutionary and experiential histories. Despite its sophistication, we share a significant amount of fear circuitry with our more primitive mammalian and reptilian cousins. This presentation will describe how the cohabitation within one brain, of a human, horse and crocodile, has led to the birth and continued growth of psychotherapy

Dr. Louis Cozolino is a Professor of Psychology at Pepperdine University and a clinical psychologist in private practice. He holds a Ph.D. in Clinical Psychology from UCLA and an MTS in counseling and comparative religion from Harvard University. He is the author of three books, numerous articles, and lectures nationally and internationally on psychotherapy, neuroscience, trauma, and the building of the social brain — his current project focuses on optimal aging with a special focus on neuroplasticity, lifelong attachments, and the attainment of wisdom.



THURSDAY MORNING PLENARY:

Robert Anda, M.D., M.S.

9:00 am – 12:15 pm

3 CE/CMEs

The Wide Ranging Health and Social Impact of Adverse Childhood Experiences: Trauma, Neurodevelopment and The Faces of Fear

The Adverse Childhood Experiences (ACE) Study is a decade-long and ongoing study designed to examine the childhood origins of many of our Nation's leading health and social problems. The Study represents collaboration between the Nation's leading prevention agency, the Centers for Disease Control and Prevention (CDC), and the Kaiser Health Plan's Department of Preventive Medicine in San Diego, CA.

The key concept underlying the Study is that stressful or traumatic childhood experiences such as abuse, neglect, witnessing domestic violence, or growing up with alcohol or other substance abuse, mental illness, parental discord, or crime in the home (which we termed adverse childhood experiences — or ACEs) are a common pathway to social, emotional, and cognitive impairments that lead to increased risk of unhealthy behaviors, risk of violence or re-victimization, disease, disability and premature mortality. We now know from breakthroughs in neurobiology that ACEs disrupt neurodevelopment and can have lasting effects on brain structure and function — the biologic pathways that likely explain the strength of the findings from the ACE Study.

Dr. Anda spent over 20 years in the U.S. Public Health Service at CDC conducting research in a variety of areas including disease surveillance, behavioral health, mental health and disease, cardiovascular disease investigations, and childhood determinants of health. He played the principal role in the design of the ACE study, subsequent analysis of the ACE Study data, and preparation of its numerous scientific publications, and serves as its Co-Principal Investigator. He has written over 100 peer-reviewed publications as well as numerous government publications. He has presented the ACE Study finding at regional and national meetings as well as at Congressional briefings.



FRIDAY MORNING PLENARY:

Dee Joy Coulter, Ed.D.

9:00 am – 12:15 pm

3 CE/CMEs

Stress Regress: The Impact of Trauma and High Stress On Cognitive Processing

Clients often reveal the ages of their core traumas by their choice of language. The plenary explores cognitive stage development, linking it to age and rational and metaphoric thinking patterns. Understanding cognitive development and the reasoning patterns and metaphors appropriate to each age group could prove very useful in psychotherapy. Being able to integrate this information would allow psychotherapists to identify the developmental age of a highly stressed client by attending to their language patterns. Therapeutic moments could be sustained longer by working within the reasoning patterns and metaphors the client is using.

Dee Joy Coulter, Ed.D., is a nationally recognized neuroscience educator and lecturer. Her background includes 14 years in the classroom as a special education teacher and director of programs, including an alternative school for dropouts. For the past 20 years she has been applying brain research to education issues in her college courses and in many workshops and keynote presentations around the country. Dee has a doctorate in neurological studies and holistic education from the University of Northern Colorado. She has been a core faculty member at Naropa University in Boulder, Colorado.



Please Note:

All professional process group workshops deal with material regarding both interpersonal and intrapersonal process and can at times be both intellectually and emotionally very challenging. For this reason individuals who have not previously had training and/or experience with such process are not encouraged to participate in the process group workshops.

Full Disclosure Policy:

All faculty participating in the continuing medical education programs are expected to disclose to the program audience any real or apparent conflicts(s) of interest related to the content of their presentations(s). Full disclosure of faculty relationships will be made available at the meeting.

CONFERENCE OBJECTIVES

- 1 Demonstrate the language helpful for discussing fear, panic and trauma to increase the effectiveness of clinical treatment.
- 2 Explain how to integrate recent findings from clinical neuroscience into clinician's existing theoretical framework.
- 3 Utilize the basics of brain functioning in psycho-educational aspects of psychotherapy.
- 4 Discuss the relevance of brain functioning in moment-to-moment clinical practice.
- 5 Explain the role of the unconscious in the shift of fear to violence and aggression.
- 6 Identify fear-based symptoms, trauma and loss, that interfere with productivity, relationships and pleasure.
- 7 Explain how to apply attachment-based principles to clinical practice

Continuing Education (CE/CME)

Maximum of 18 CE/CMEs

CME Accreditation This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of The Institute for the Advancement of Human Behavior — A Medical Education Company (IAHB-AMEDCO) and the American Academy of Psychotherapists. IAHB-AMEDCO is accredited by the ACCME to provide continuing medical education for physicians.

AMA PRA Statement The IAHB-AMEDCO designates this educational activity for a maximum of 18 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists This course is co-sponsored by Amedco and the American Academy of Psychotherapists. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. Maximum of 18 hours.

California Board of Behavioral Sciences This course is co-sponsored by Amedco and the American Academy of Psychotherapists. Course meets the qualifications for up to 18 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, Provider #PCE875.

Social Workers This course is co-sponsored by R. Cassidy Seminars and the American Academy of Psychotherapists. R. Cassidy Seminars, ASWB provider #1082, is approved as a provider for continuing education by the Association of Social Work Boards, www.aswb.org, phone: 1-800-225-6880, through the Approved Education (ACE) program. Maximum of 18 hours

Professional Counselors This course is co-sponsored by Amedco and the American Academy of Psychotherapists. Amedco is recognized by the National Board for Certified Counselors to offer continuing education for certified counselors. We adhere to NBCC continuing education guidelines. Provider #5633. Maximum of 18 hours.

Chemical Dependency Counselors Provider approved by NAADAC Approved Education Provider Program for up to 18 contact hours. Approval #000263. This course deals with Counselor Skill Groups: Ongoing Treatment Planning, Counseling Services.

Satisfactory completion Participants must have paid tuition fee, attended their chosen sessions in their entirety and completed an online Attendance / Evaluation form in order to receive a certificate of completion/attendance. Participants not fulfilling these requirements will not receive a certificate. Certificates are available immediately after completing the online evaluation form.

SCHEDULE AT A GLANCE

| WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|--|
| 1:00 – 6:00 pm Registration | 7:30 – 9:00 am Registration | 9:00 am PLENARY Stress Regress: The Impact of Trauma and High Stress On Cogni- tive Processing <i>Dee Coulter, Ed.D.</i> | 9:00 am KEYNOTE The Fearful Brain and the Evolutionary Necessity of Psychotherapy <i>Lou Cozolino, Ph.D.</i> | 9:00 – 10:30 am Closing Experience |
| 4:00 – 5:00 pm Newcomer Gathering | 9:00 am PLENARY The Wide Ranging Health and Social Impact of Adverse Childhood Experi- ences: Trauma, Neurodevelopment and The Faces of Fear <i>Rob Anda, M.D.</i> | 12:15 pm Lunch on your own | 12:15 pm Lunch on your own | |
| 5:30 pm Reception Cash Bar | 12:15 pm Lunch on your own | 2:00 – 5:15 pm Afternoon Workshops | 2:00 – 5:15 pm Afternoon Workshops | |
| 6:30 – 8:00 pm Buffet Dinner | 2:00 – 5:15 pm Afternoon Workshops | 6:30 pm Dinner on your own | 7:00 pm Reception Cash Bar | |
| 8:30 – 10:00 pm Opening Experience | 6:30 Dinner on your own | | 7:30 – 9:00 pm Dinner | |
| | | | 9:00 pm Dance to "Section 8" | |

SPECIAL EVENTS

Newcomers Gathering: (Wednesday, 4:00 pm – 5:00 pm)
AAP welcomes and invites non-members to learn more about our Academy.

Welcome Reception: (Wednesday, 5:30 pm – 6:30 pm)
It is our tradition to begin our conferences with an opportunity to meet old friends and make new ones.

Wednesday Dinner and Opening Experience:
(6:30 pm – 10:00 pm) Dinner, included in the full registration fee, is followed by an experience of community of all those attending.

Hospitality Suite: A space will be available for connecting informally throughout the conference. Hours TBA.

Bookstore: A local bookstore will have a variety of books available including those of the presenters.

Dinners on Your Own: (Thursday & Friday)
AAP members will organize 'group dinners' at local restaurants for an opportunity to share a meal with fellow conference attendees.

Dinner Dance: (Saturday 7:30 pm – 1:00 am)
A formal dinner followed by dancing to a live band provides a celebration of our time together. See registration page for fee and food selection.

Closing Experience: (Sunday 9:00 am – 10:30 am)
Like the Opening Experience, this is a gathering of all those attending that offers an opportunity to process thoughts and emotions that may have been evoked during the conference.

OUR MISSION

The American Academy of Psychotherapists was founded in 1954 by a group of pioneering psychotherapists who sought a meeting ground for practitioners from different disciplines where live experience and demonstrations of psychotherapy would help to create open discourse. Out of the same spirit came the 1957 training film *Gloria*, in which three distinguished psychotherapists — Carl Rogers, Albert Ellis and Fritz Perls — documented first sessions with the same patient in order to show their different approaches. Not coincidentally, all three were members of the American Academy of Psychotherapists, as were, through the years, other well-known members of our profession such as Virginia Satir, Carl Whitaker, Henry Guze, Rollo May, Irving and Miriam Polster, Bob and Mary Goulding, Jim Bugental and Sheldon Kopp.

The Academy remains committed to an exchange of ideas among psychotherapists, in an atmosphere which values the phenomenological and experiential as well as the distilled descriptions, research and analyses which are more commonly offered at professional meetings. Our goal is to make room for both kinds of learning.

Since 1895, when Freud first realized that the analyst's emotional process played a role in analysis, our profession has needed to find ways to focus on the person of the psychotherapist; that is the mission of the academy. In the service of this mission, AAP has two yearly meetings — the Fall Institute and Conference, open to any interested professionals, and the Summer Workshop, for members only. At both meetings we offer approved CE workshops and cross-disciplinary training experiences, as well as access to a dedicated community of professionals.

THURSDAY



THURSDAY MORNING PLENARY:

Robert Anda, M.D., M.S.

9:00 am – 12:15 pm

3 CE/CMEs

The Wide Ranging Health and Social Impact of Adverse Childhood Experiences: Trauma, Neurodevelopment and The Faces of Fear

THURSDAY AFTERNOON 'ONE-DAY' WORKSHOPS

2:00 pm – 5:15 pm

- 1 Clinical Applications of Plenary: The Wide Ranging Health and Social Impact of Adverse Childhood Experiences: Trauma, Neurodevelopment and the Faces of Fear

This workshop will build upon the information presented during the plenary. The relationship of adverse childhood experiences to mental health problems, substance abuse, prescription drug use, and major health care costs will be explored in more detail.

3 CE/CMEs / No Limit on Participants

Robert F. Anda, MD, MS (Presenter—See Plenary Information)

2 Breathing Through the Fear...Again: Recreating Ourselves, at Midlife and Beyond

The joys of following the urgings of our souls, our truest selves, are accompanied by disruptions to those structures in our life that we have nurtured to hold us. The work identity is central among these. In this presentation, there will be didactic presentation about retirement and retooling, guided imagery exercises and group process.

3 CE/CMEs / Limit 30 Participants / Meets mandated AGING Requirement

Pamela Finnerty, PhD has practiced psychotherapy in the DC area for over twenty years. Her practice focuses on relationship issues, and she runs groups with individuals and couples. Dr. Finnerty was an Associate Professor of Counseling and Associate Research Professor of Psychiatry at George Washington University and during her six year tenure there she developed the EAP subspecialty and the Counseling Older Persons curriculum. She received her PhD in Counseling from Florida State University in 1982, where she also received a Certificate in Gerontology.

3 Fear and Trembling: Ethical Foundations and Dilemmas in Dual Relationships and other Attachments

More than rigid rules, ethics consist of the morality and values of one's culture and profession. Examining the foundations underlying the ethics of dual Relationships and other forms of attachment, participants will then have the opportunity to share ethical dilemmas in a container intended to minimize their fear and trembling.

3 CE/CMEs / Limit 30 Participants / Meets mandated ETHICS Requirement

Leonard Schwartzburd, PhD studied philosophy & psychotherapy which helped him to look elsewhere for "curing" his problems. Dropping out of a philosophy graduate program, he became a probation officer. Dr. Schwartzburd entered a PhD program specializing in training psychotherapists, a worthy endeavor making his mother proud of his MS and becoming what she called "a doctor of psychology". Philosophy continued to be a useful analytic tool during 31 years of private practice of psychotherapy, psychodiagnostics and forensic psychology in Berkeley, California. Dr. Schwartzburd is also licensed in Georgia.

4 Psychotherapy meets Neuroscience: Fishbowl Demonstration Group of Body Oriented Psychotherapy

How can group psychotherapy "sculpt" new neural pathways between the thinking, feeling, sensation and motor parts of our brain? Fishbowl demonstration of body-oriented group psychotherapy followed by a practical discussion of what worked, what didn't and how we currently understand the convergence between psychotherapeutic and neurobiologic theory and fact. Participants interested in being part of the demonstration group are encouraged to contact us ahead of time.

To express your interest please email Dr. Fogel at dfogel@pol.net.

3 CE/CMEs / Limit 40 Participants

David Fogel, MD, a graduate of Hampshire College and the George Washington University School of Medicine, is board certified in internal medicine, with additional training in combined group and individual psychotherapy. His practice integrates different forms of body work into an ongoing long-term therapy model. Dr. Fogel works with his co-therapist and wife, Ilana Bar-Levav, in Bethesda, Maryland.

*Fear makes the wolf
bigger than he is.*
~ German Proverb~

Ilana Bar-Levav, MD, a graduate of Brandeis University and the George Washington University School of Medicine, is board certified in internal medicine. She is also a graduate of the Detroit based Bar-Levav Education Association Training Program in Advanced Combined Group and Individual Psychotherapy. Dr. Bar-Levav has additional training in Kelley/Radix body work. She practices psychotherapy in Bethesda, Maryland, with her co-therapist and husband, David Fogel.

5 Combat PTSD as a Relational Disturbance

This group will focus on the impact of combat and trauma on the way survivors relate to self, others (the community) and creation (“god,” nature, the world). We will examine the implications of this way of understanding trauma on treatment strategies and the person of the therapist.

3CE/CMEs / Limit 20 Participants

Roy Clymer, PhD graduated from the U.S. Naval Academy, and later received an MSW from the University of Maryland School of Social Work followed by a PhD in Medical Psychology from the Uniformed Services University of Health Sciences. He is a licensed Psychologist in the State of Maryland. Dr. Clymer directs two programs at Walter Reed Army Medical Center that treat service members suffering from either medically unexplained physical symptoms or PTSD as a result of deployment or combat exposure. Specialty training includes combat in Viet Nam.

6 Trauma and Personal Losses: A Myth Told by Our Need for Drama — Letting Go of Attachment to Tragedies

The stories we tell ourselves are critical to the healing process. This workshop enables participants to deepen their understanding of the relationship between their expectations and their perceptions of trauma and losses by taking a journey to their own attachments.

3 CE/CMEs / Limit 25 Participants

Hilla Keren, LCSW-C taught in Israel. She has earned a B.A. in psychology and master’s degree in clinical social work from the University of Maryland. Ms. Keren is in private practice in Maryland providing individual, couples, and group psychotherapy. She has presented workshops on parenting skills, group processes for adolescents, and a workshop titled “Healing Through Rituals.” Ms. Keren uses her training and experience to teach peace and participates in a Living Room Dialogue, a non-violent approach to the conflict between Palestinians and Israelis.

7 Fear: Life-threatening Emotional Issues Expressed in Somatic Symptoms

You are referred a woman who frequently visits the ER with a life-threatening arrhythmia or a Vietnam vet diagnosed with asthma attacks that are so sudden and serious that paramedics are afraid he will die in transport. How do you help them? The presenter will discuss principles for helping people with life-threatening emotional problems expressed in physiology. These principles will be illuminated through case material and discussion.

3 CE/CMEs / No Limit on Participants

Jarline A. Ketola, RN, PhD, MSCP is an Assistant Professor in Nursing at CSULB and a licensed clinical psychologist in private practice. She is also a Nurse Practitioner in Pediatrics and has a post-doctoral Master’s degree in Clinical Psychopharmacology from Alliant University. Dr. Ketola’s clinical and research work has focused on helping people with physical illness regain their health. She developed a program named “Remobilization of a Life” to help nurses do this work without needing a doctoral degree in psychology.

8 Intimacy's Terror: Healing Through Attachment Dynamics, Brain Function and Neural Plasticity

This presentation will include group demonstration and didactic components. We will begin with a demonstration of the interplay of early attachment experience and brain development. From that base we will explore brain mechanisms that foster success or failure in the psychotherapy of intimacy's terror.

3 CE/CMEs / Limit 40 / Experienced Psychotherapists Only

Bruce Schell, PhD is a clinical psychologist who received his doctorate from the University of Florida in 1970. He has presented workshops nationally and internationally concerning psychotherapy. Dr. Schell recently conducted a two-year training group for the American Academy of Psychotherapists on "Borderline Personality Disorder, Brain Development and Psychotherapy." He is currently a professor of Family and Preventive Medicine at the University of South Carolina School of Medicine. Dr. Schell has practiced psychotherapy since 1970.

9 Speaking in Harmony: The Neuropsychology of Voice

During this didactic and experiential workshop, synergy of music and language will be explored. Participants will receive information about "voicing" and the effects of anxiety, fear and trauma on "voice". A variety of group processes will elucidate the relationship between voice, emotional competence and the harmony of self.

3 CE/CMEs / Limit 20 Participants

Frances Compton, PhD, a frequent presenter at AAP, has been in private practice in Washington, D.C. for over 25 years and holds the Certificate of Clinical Competence from the American Speech-Language Hearing Association. She sees individuals, couples, singles groups and couples groups and remains dedicated to the healing experience of group therapy.

10 Facing Your Fear: How To Live Your Life and Relate To Others

Emotional memories, particularly ones related to fear and pain, have survival value and influence how we view and respond to the world, but they can also entrap us in self-defeating patterns. Can we ever really eliminate entrenched patterns? In this workshop we will use group experiences to examine hope versus despair in ourselves, and allow the group process to demonstrate models for awareness and healing.

3 CE/CMEs / Limit 16 Participants

Dr. Kristie Nies received her Ph.D. from Rosalind Franklin University of Medicine & Science in 1990. She completed her internship at the West Haven VA in Connecticut and a Post Doctoral Fellowship at Evanston Hospital in Illinois. She is board certified in Clinical Neuropsychology by the American Board of Professional Psychology. She maintains a psychotherapy practice using group and individual modalities and has had specialty training treating persons with HIV/AIDS.

Dr. Jon Farber has a PhD in clinical psychology from Duke University, and has been practicing, teaching and supervising since 1983. He has worked with a wide range of patients, including prisoners on North Carolina's death row, and in 2006 he overcame substantial fear and pain of his own to win a national triathlon championship.

Thursday and Friday Afternoon 'Two-Day' Workshops

2:00 pm – 5:15 pm

Participants must request both days of the workshop on the Registration Form.

11 (Thursday and Friday Afternoons)

Healing Physical Pain and Changing the Brain Through an Integrated Psychotherapy Model of Psychological, Cultural, Social, and Biological Health: An Experiential Training Group

What impact does our shame and fear inflict upon our bodies? Why is there so much disparity in how people experience pain? This workshop will provide psychotherapists an understanding of the bio-psycho-social interaction regarding the somatic processes. Participants will examine cases of "the difficult clients" we treat.

6 CE/CMEs / Limit 35 Participants

Roslyn E. Feierstein, PhD is a clinical psychologist in private practice. She is published in the fields of Pain Management, Trauma and Developmental-Experiential Psychotherapy. Her research, which emphasizes well-being through healthy relationships and healing has spanned over 30 years.

Ruth Witters-Green, PhD is a licensed psychologist with a PhD in Clinical-Community Psychology practicing in Virginia's Shenandoah Valley. Her work with individuals, couples and groups often examines physical health and the interplay of bio-psycho-social factors and attachment affecting lifelong wellness.

12 (Thursday and Friday Afternoons)

Empowerment Instead of Anxiety and Fear: Dealing with Women's Weight and Health Issues

Although we are increasingly anxious and fearful about our own weight, we are rarely successful in maintaining healthy lifestyles; despite an abundance of diets, surgical interventions, and exercise products. In this workshop for women, participants will learn specific techniques to help themselves and their clients create healthier, more pleasurable lifestyles.

6 CE/CMEs / Limit 20 Participants

Sally Williams, PsyD is a licensed clinical psychologist in private practice. Her struggles with obesity and chronic health problems led her to create a multi-modal psychotherapeutic system based on a bio-psycho-social theory. Using this approach, she shed over 95 pounds of fat, enjoying the process and not eating diet foods.

Dr. Williams has also provided Healthy Body Psychotherapy Groups for her female clients, who have shed fat, improved their chronic health problems, exercised regularly, and enhanced their enjoyment of life.

13 (Thursday and Friday Afternoons)

Bridging the Old and New in Psychotherapy: Body-Focused Gestalt Therapy Confronts the Anxiety Spectrum

Moral anxiety, reality anxiety, neurotic anxiety, signal anxiety, basic anxiety, insecure attachment, fright — useful psychodynamic concepts all, will be integrated by Dr. Smith into a Reichian-Gestalt model. With this didactic foundation laid, he will demonstrate therapeutic work with the anxiety spectrum in his body-focused Gestalt style.

6 CE/CMEs/ Limit 20 Participants

Edward W.L. Smith, PhD, ABPP is a Board Certified licensed psychologist. He is Professor of Psychology and Coordinator of Clinical Training at Georgia Southern University. Graduating Phi Beta Kappa from Drake University, he attended the University of Kentucky for his MS and PhD. Dr. Smith is a Fellow of the Georgia Psychological Association, American Psychological Association, and Academy of Clinical Psychology, a past Chair of the AAP Training Committee, and has served on the editorial board of *Voices* since 1976. Dr. Smith is widely published.

14 (Thursday and Friday Afternoons)

The Use of Group Process in the Alleviation of Anxiety Stemming from Relationships, Sexuality, and Gender Roles

Participants will learn the powerful modality of group process in treating anxiety which arises from the complications and complexities of gender roles and sexuality in relationships.

6 CE/CMEs / Limit 15 Participants –
Experienced Psychotherapists Only

Murray Scher, PhD, a past president of the Academy, holds a PhD in Counseling Psychology from the University of Texas in Austin. He is licensed in the state of Tennessee and has practiced for 35 years. A former professor of psychology, and currently a fellow of AAP, he has presented nationally and internationally. Dr. Scher has authored more than 40 publications including a book, chapters, and articles directly related to the presentation.

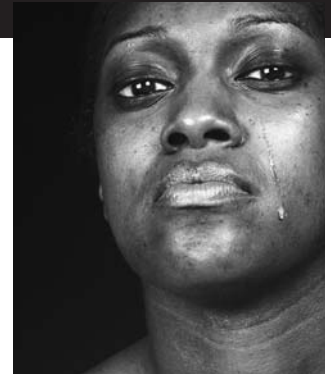
FRIDAY MORNING PLENARY:

Dee Joy Coulter, Ed.D.

9:00 am – 12:15 pm

3 CE/CMEs

**Stress Regress: The Impact of Trauma and High Stress
On Cognitive Processing**



FRIDAY AFTERNOON 'ONE-DAY' WORKSHOPS

2:00 pm – 5:15 pm

15 Clinical Applications of Plenary: Stress Regress: The Impact of Trauma and High Stress on Cognitive Processing

Clinical application of the plenary presentation. Through role play or personal example of a stress response pattern, participants will see demonstrated the process of locating the age of the client when the core trauma occurred, how to adjust one's vocabulary, thinking process and use of metaphor to match that age and then from that space introduce insights or expanded options.

3 CE/CMEs / Limit 40 Participants

Dee Joy Coulter, EdD (See Plenary Information)

16 Sexual Anxieties: Patients' and Therapists'

Participants will learn about the prevalence and nature of common sexual dysfunctions via a brief lecture presentation. Then the presenters will role play as patients with common sexual problems related to couple conflict and cancer-caused sexual dysfunction. The audience will interact as "therapists" to experience the anxieties associated with having and treating the sexual dysfunctions that the presenters portray.

3 CE/CMEs / Limit 50 Participants

Joshua S. Golden, MD is a Clinical Professor of Psychiatry at the David Geffen School of Medicine at UCLA. He was the founder and Director of the UCLA Human Sexuality Program from 1974 until 1993.

Margaret A. Golden, BA is a psychotherapist and was a lecturer and clinical supervisor in the UCLA HSP. Both therapists maintain a private practice in Santa Monica, CA with special interest in treating sexual problems.

17 Fear of Death and Suppressed Mourning in the Navajo Culture

When Navajos die, the evil part of them — the chindi — is released with their last breath through the spirals of their fingertips. Contact with the chindi is dangerous, causing illness and misfortune. Case material will illustrate how fear of death and suppressed mourning creates psychopathology and culturally sensitive treatment approaches will be addressed.

3 CE/CMEs / No Limit on Participants / Meets mandated DIVERSITY requirement

'Two-Day' Workshops

Continued from
Thursday
2:00 pm – 5:15 pm

11 Presenters –
Roslyn E. Feierstein, PhD
& *Ruth Witters-Green,*
PhD

12 Presenter –
Sally Williams, PsyD

13 Presenter –
Edward W.L. Smith,
PhD, ABPP

14 Presenter –
Murray Scher, PhD

Melissa J. Leehan, MA, LMFT is a Marriage and Family Therapist licensed in New Mexico where she is in private practice in Santa Fe. She received an MA in psychology from Ball State University and a diploma from the Gestalt Institute of Cleveland. After 33 years of private practice in Indiana, Ms. Leehan worked for the Indian Health Service on the Navajo Reservation. A long time member of the Academy, Ms. Leehan chaired two Institute and Conferences and served on the Executive Council for two terms.

18 Manifestation of Infantile Fears in Our Adult Body — Treatment Opportunities

The infantile fear of abandonment and fear of engulfment register in the physiology of every person. Defensive adaptations to these fears both pathologic and healthy shape the personality of each of us. Exploring these fears, their manifestations and treatment opportunities will be the focus of the workshop.

3 CE/CMEs / Limit 25 Participants

Natan HarPaz, PhD is a psychotherapist in private practice in Southfield, Michigan. He is a Fellow of the American Group Psychotherapy Association and a past president of the Michigan Group Psychotherapy Society. Dr. HarPaz is the Director of the Training Institute for Group and Individual Psychotherapy — a post graduate psychotherapy training institute. He has been practicing martial arts for the past nine years and has a Black Belt in Ishinryu Karate. Dr. HarPaz is a clinical supervisor and presents clinical workshops and theoretical papers on psychotherapy nationally and internationally.

19 Can Connection Happen Despite Attachment Disorder?

We will explore the trauma(s) derived from attachment disorder from the perspective of (1) our own personal experience; and/or (2) the perspective of the therapist. The process group will be the medium in which we will deliberate, consider, reflect and ponder this theme.

(3 CE/CMEs / Limit 15 Participants)

Estelle F. Charles, MSW is licensed in the State of New York and completed her post-graduate training in psychoanalysis. Practice and experience have helped make her a therapist who is eclectic; i.e., she believes in the theoretical foundation of the unconscious and she uses any technique necessary in order to help her connect with the patient. Ms. Charles is a 26-year member of AAP. She has co-chaired a summer workshop and served on EC. However, her claim to fame in AAP was that of being a member of the Mamas, a group of women of a certain age, who proved sexiness could be ageless. Hmmm!

20 Attachment and Trauma: Fathers and Daughters

Anxiety, fear and panic can be fundamental reactions to the father/daughter relationship. In this workshop, we will explore these personal relationships using the group as well as didactic material.

3 CE/CMEs / Limit 18 Participants

Arthur S. Weinfeld, EdD has been practicing psychology for 35 years. He is a long time Academy member, certified psychodramatist and has had years of father/daughter experience with his daughter Debra.

Debra Weinfeld Gold, PsyD is the former lead psychologist with the Arizona Department of Juvenile Corrections. She has worked extensively with adolescents in the public and private sector.

Friday and Saturday Afternoon 'Two-Day' Workshops

2:00 pm – 5:15 pm

Participants 'must' request both days of the workshop on the Registration Form.

21 (Friday and Saturday Afternoons)

It is Attachment that makes it Work

Attachment Theory and Evolutionary Psychology reveal why relationship itself inspires change, growth, and healing. This workshop will utilize group process, encounter, role play and lecture. With a bit of prompting from the Theory of Evolution participants will discover how attachment has worked in their personal and professional lives.

6 CE/CMEs / Limit 15 Participants

John Wymore, MA received his Gestalt training and most of his experience before graduate school. Then the state of New Mexico decided it should have licensing so Mr. Wymore earned his MA in Counseling Psychology. The state then grandfathered him at the highest level. Mr. Wymore is in private practice in Albuquerque. Meanwhile, he discovered the Theory of Evolution (published articles and wrote a book), and his view of the world and all life in it changed. It will change your view, too.

22 (Friday and Saturday Afternoons)

Dialectical Behavior Therapy as a Tool for Anxiety Reduction and Attachment

DBT Skills groups, once mainly used as part of a comprehensive treatment program for Borderline Personality Disorder, have been proven an effective adjunct to therapy in the treatment of anxiety and depression, as well as addictions and eating disorders. Participants will learn about the structure of a DBT Skills group and experience being in a Skills group, learning from the Mindfulness, Interpersonal Boundaries, Emotion Regulation and Distress Tolerance units. There will be time left for discussion and processing of the experience.

6 CE/CMEs / Limit 20 Participants

Laura Fleming, LCSW has been a member of AAP for 14 years. She completed the ten-day training in DBT five years ago as part of an initiative to respond to an increasing level of disturbance that college students were bringing to campus. Ms. Fleming currently leads a DBT Skills group at the RIT Counseling Center and two skills groups in her private practice. She continues to practice the skills in her own life.

23 (Friday and Saturday Afternoons)

Dread and Longing: The Disruptive Impact of Love and the Erotic in Intensive Psychotherapy

The inevitable, enlivening occurrence of love, passion, and sexuality in intensive psychotherapy creates possibilities for personal transformation. However, experiences of these charged themes also pose frightening risks and exciting dilemmas for the client as well as the psychotherapist. Through an experiential format, we will explore these delicate and sensitive issues.

6 CE/CMEs / Limit 16 Participants

Allan B. Elfant, PhD, ABPP is a licensed psychologist in independent practice in State College, Pennsylvania. He is a Fellow of the American Psychological Association, the Pennsylvania Psychological Association, and the American Group Psychotherapy Association. Dr. Elfant is a Diplomate in Group Psychology from the American Board of Professional Psychology. He presents nationally on themes pertinent to intensive psychotherapy, and is particularly interested in how love and desire impact on the psychotherapeutic process for both client and therapist.

24 (Friday and Saturday Afternoons)

Experiential Psychotherapy Group: Attachments Gained and Lost Within the 'Lifetime' of the Group

The time limits of this workshop will be considered as a 'symbolic lifetime.' The participants in this 'symbolic lifetime' will be asked to address what is developing within the present moments of this time limited experience.

6 CE/CMEs / Limit 20 Participants / Experienced Psychotherapists Only

John P. Mulgrew, PhD, ABPP, CGP is a full professor in the Marriage and Family Therapy Program at Appalachian State University and a licensed psychologist in NC. He has completed two post-doctoral training programs in Gestalt therapy led by: (1) Erving & Marian Polster, PhD; and, (2) James Simkin, PhD. Dr. Mulgrew has been influenced by the theoretical underpinnings of Carl Whitaker, MD; Thomas Malone, PhD; Richard Felder, PhD; and Avrum Weiss, PhD. His AAP peers have been a rich source of learning.



SATURDAY MORNING KEYNOTE:

9:00 am – 12:15 pm

3 CE/CMEs

Louis Cozolino, Ph.D presents:

The Fearful Brain and the Evolutionary Necessity of Psychotherapy

SATURDAY AFTERNOON 'ONE-DAY' WORKSHOPS

2:00 pm – 5:15 pm

25 Clinical Applications of Keynote: The Fearful Brain and the Evolutionary Necessity of Psychotherapy

The human brain is an organ of adaptation, sculpted by natural selection to enhance our survival. Despite its sophistication, we share a significant amount of fear circuitry with our more primitive mammalian and reptilian cousins. This presentation will describe how the cohabitation within one brain, of a human, horse and crocodile, has led to the birth and continued growth of psychotherapy.

3 CE/CMEs /No Limit on Participants

Louis John Cozolino, PhD – Presenter (See Keynote Information)

26 Organic Intelligence: Emerging Coherence in Somatically Informed Therapy

It is increasingly recognized that cognitive awareness of somatic experience can play a central role in self-regulatory process. This workshop will present theory and the practical tools of an integrated clinical application of regulated attention for anxiety disorders related to both trauma and attachment issues.

3 CE/CMEs / No Limit on Participants

Steven Hoskinson, BA, MA (Psychology), MAT (Theology) Clinically trained, Mr. Hoskinson consults and trains professionals internationally under the auspices of Hoskinson Consulting in Encinitas, California. He is Senior International Instructor for the non-profit educational Foundation for Human Enrichment. Mr. Hoskinson's engaging teaching style integrates compassion and humor with rigorous academic discipline. Perspectives include Evolutionary, Developmental, Cognitive-Behavioral and Systems approaches within a mindfulness framework. Other influences include mentoring with Peter Levine, a longstanding mindfulness practice, and more than a decade of aikido training.

27 Married to Hurt: Treating Attachment, Addiction and Violent Intimate Partner Relationships

Dr. Browne-Miller looks at troubled marriages and partnerships as detailed in her new book (Praeger Publishing, 2007). To better identify, assess and treat difficult intimate partnerships (IPVs), she asks questions regarding: identifying characteristics and emergence of abuse and violence within, and the etiology and treatment of this problematic and often dangerous situation.

3 CE/CMEs / No Limit on Participants / Meets mandated Domestic Violence requirement

Angela Browne-Miller, PhD, DSW, MPH Author, lecturer, psychotherapist, spiritual consultant, and social scientist, Dr. Browne-Miller, earned her two doctorates and two masters degrees at the University of California Berkeley, where she taught in several departments for many years. She has served as a U.S. National Institute of Mental Health Postdoctoral Fellow, U.S. Administration on Families, Children and Youth Fellow, U.S. Public Health Department Fellow, and as Project Director on several state-wide domestic and family violence-prevention projects sponsored by the California Department of Health Services.

28 Using Attachment Principles to Treat Adults with a History of Loss and Trauma

In this presentation, we will learn to identify the four main adult attachment styles based on the Adult Attachment Interview: Autonomous, Dismissive, Preoccupied and Unresolved due to Loss or Trauma. We will then focus on understanding the impact of attachment based loss and trauma on personality style, reflective functioning, relational patterns and parenting. Finally, we will use group demonstration to apply attachment based principles to treatment of individuals and couples. The presenter will use clinical narratives and videos to enhance your understanding of the content.

3 CE/CMEs / Limit: 40 Participants

Shoshana Ringel, PhD received her PhD from Smith College, School for Social Work. She is on the faculty of the University of Maryland, School of Social Work, and in private practice in Maryland. Dr. Ringel has published numerous articles in professional journals. Her book, co-authored with Dr. Brandell and titled "Attachment Theory and Dynamic Social Work Practice" was published in February, 2007 by Columbia University Press. She received training on the Adult Attachment Interview and has presented attachment workshops.

29 Contributions of Meditation and a Spiritual Perspective to the Treatment of Fear and Anxiety

In this presentation we will look both at some techniques and perspectives that are powerful antidotes to anxiety and fear. The focus of our exploration will be on meditation and the concept of a relationship with a spiritual teacher who has achieved an anxiety-free state of peace and joy.

3 CE/CMEs / No Limit on Participants / Experienced Psychotherapists Only

Knowing your own darkness is the best method for dealing with the darknesses of others.
~ Carl Jung ~

**'Two-Day'
Workshops**

Continued from
Friday
2:00 pm – 5:15 pm

21 Presenter –
John Wymore, MA

22 Presenter –
Laura Fleming, LCSW

23 Presenter –
Allan B. Elfant, PhD, ABPP

24 Presenter –
*John P. Mulgrew, PhD,
ABPP, CGP*

Victor Cohen, PhD, is a California Licensed Psychologist in private practice in Manhattan Hermosa Beach. Dr. Cohen has been a practitioner of meditation for over thirty years and he has written a book about his personal and spiritual transformation. He conducts presentations, workshops and teaches in the doctoral program at CSPP-LA and in the MA Psychology Program at Antioch-LA where he emphasizes therapist self-awareness, group process and the psychotherapy-spirituality interface.

30 "Addiction"/Chemical Dependency: Attachment Writ Large ... The Science, The Art, and The Illusion: Perspectives of an Addictologist

The term 'addiction' and 'attachment' are used similarly to signify emotionally charged relationships to which the individual is 'possessed'; a slave to an idea, thing, person, or psychoactive substance to which they are addicted or attached. Maybe the only difference is one of degree: to be addicted is to be absolutely attached.

3 CE/CMEs / No Limit on Participants / Meets mandated ADDICTIONS requirement

Michael J. Meyers, MD, FASM is Board Certified in Family Medicine and a Fellow of The American Society of Addiction Medicine. He is an Assistant Clinical Professor at The Keck School of Medicine at USC. He served on several committees of the California Medical Board and is certified as an expert witness. Dr. Meyers has worked in the field of Addiction Medicine for the last 25 years. He has served as Chair of the Bioethics Committee at his medical center, and chaired several region wide symposia for Southern California Kaiser Permanente.

31 Seeing and Being Seen: Radix (neo-Reichian) Bodywork and Early Adjustments

Participants will be introduced to Radix bodywork concepts and the centrality of the eyes in this work. The experience will include group and paired exercises aimed to demonstrate how character can be bound in the eyes, affecting perception, expression and capacity to relate.

3 CE/CMEs / Limit 26 Participants

Ronald J. Hook, LMSW, CGP is a certified Kelley/Radix Practitioner and Teacher Trainer. (He has worked extensively with Dr. Charles Kelley, founder of the Radix Institute, since 1985.) A psychotherapist for over 30 years, his work is infused with bodywork concepts and techniques. As a Kelley/Radix Teacher Trainer, he holds regular small group workshops for professionals to help deepen their grasp of the essential involvement of the physical in psychotherapeutic work.

32 Passion and Fear in Group Psychotherapy: The Biology of Corrective Experience

Talking about anxiety "there and then" does little to alter the autonomic reactions that are, biologically, fear. However, an emotionally rich group process will increase the likelihood that anxiety expresses itself "here and now," making possible a truly corrective emotional experience. Experiential process to demonstrate the above, with didactic discussion.

3 CE/CMEs / Limit 26 Participants

Paul P. Schultz, ACSW earned a BED from Michigan State. He taught school and earned an MA in Humanities from Wayne State. Following his MSW from the University of Michigan, Mr. Schultz completed a fellowship program in Crisis Mobilization Therapy with Reuven Bar-Levav, Natan HarPaz, and Pam Torraco. After working with Reuven for ten more years, he opened his own private practice of combined individual and group psychotherapy, utilizing CMT principles, and those of Chuck Kelley's Radix bodywork mode.

33 Love's Juices: Attachment, Trauma and Related Neuroscience in Couple's Relationships

We will address primary emotions encountered in intimate couples' relationships and related neurochemical changes. Skill sets that replace unhelpful relationship behaviors, attenuate related toxic biological states, enhance harmonious relationship cultures and biological endorphin production will be outlined. Some time will be spent on relationship problems particular to alpha males and females.

3 CE/CMEs / No Limit on Participants

Pat Webster, PhD received her undergraduate degree in Nursing from Duke University, her Master's in Psychiatric Nursing from University of North Carolina and her Doctorate in Clinical Psychology from the Union Institute. With her friend, mentor and colleague, Martin Groder, MD she is co-authoring the book, *Second Chances: Heart Skills for the Alpha Male*, about couples' relationships with an emphasis on the alpha male. She has been an Academy member for fifteen years and is Chair of the Ethics Committee.

34 Shattered Worlds, Shattered Meanings: The Impact of Traumatic Loss

Sudden, disturbing, or traumatic endings leave us with a profound sense of loss and disorientation. Meanings are questioned, and the world may be changed forever. This experiential workshop will explore the significant impact of such losses, as well as the unexpected opportunities such events may hold for understanding, healing and growth.

3 CE/CMEs / Limit 30 Participants

Jennifer Harp, PhD, CGP is a licensed psychologist and Certified Group Psychotherapist in full-time independent practice in State College, Pennsylvania. Dr. Harp has presented workshops and symposia for The American Group Psychotherapy Association and The American Psychological Association. A Board Member of APA's Division 49 (Group Psychology and Group Psychotherapy), she currently serves as Program Chair. Her clinical interests include depth work, psychodynamic psychotherapy, group psychotherapy, and clinical supervision.

Do the thing you fear most and the death of fear is certain.

~ Mark Twain ~

Love takes off masks that we fear we cannot live without and know that we cannot live within.

~ James Baldwin ~

CONFERENCE INFORMATION

Reservations

For reservations at the very special conference rate of \$190 per room, call the hotel at (800)524-4802 or (619)238-1818, and ask for the AAP rate.

The Westgate Hotel

Timeless, classic, elegant, artistic ... When you enter **The Westgate Hotel**, you are transported to a world of beauty, art and refinement. This elegant property in downtown San Diego, California, located within two blocks of the renowned Horton Plaza Shopping Mall and the historic Gaslamp Quarter, is one mile from Balboa Park and the San Diego Zoo, across from the Civic Center and a short walking distance from the Convention Center. The hotel offers a complete business center, event catering, and 17 meeting rooms with high-speed Internet access. Complimentary wireless Internet access is available in the restaurants and bars, and wired internet is complimentary in the guest rooms. The Westgate is one of the best in the heart of San Diego.

Join us and stay an extra day to enjoy the San Diego sights and weather.

Transportation

The Westgate is conveniently located minutes from San Diego International Airport, and the hotel will provide a complimentary shuttle every half hour for hotel guests. The San Diego Trolley, which runs right behind the hotel, connects to most of the major attractions in San Diego County, making a rental car optional. Trip fares are based on distance and range from \$2.50 to \$6. Parking under the hotel is available at the reduced rate of \$15 per day for our conference (down from \$22). The Santa Fe Depot Amtrak station is a mere 6 blocks from the hotel (see www.amtrak.com). There are numerous daily trains from Los Angeles, Santa Barbara and San Luis Obispo. Taxis are available from the airport to most downtown venues for an average of \$10-12.

Attractions

Major attractions for any taste abound in San Diego. With so many options, we cannot list them here. We recommend pointing your browser to **www.sandiego.org** or similar site to find such treasures as the fact that the Dead Sea Scrolls will be on exhibit at the San Diego Natural History Museum from July to December.

Weather

We expect very mild weather during the conference. The average high temperature for October is 75 and the average low is 60. The average chance of precipitation is 0.4%.

Updates: For conference updates and information on the Academy, please visit our website at **www.aapweb.com**.

2007 AAP I&C REGISTRATION

Please mail registration to: American Academy of Psychotherapists
605 Poole Drive
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First Name _____ Last Name _____
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If you are not an AAP member, how did you hear about the conference?

_____ email _____ other website (if so, which one _____)
_____ postcard _____ friend/colleague directly,
_____ mailed brochure _____ other
_____ AAP website _____
If someone encouraged you to attend, please write their name here (only one)

| Register Prior to July 1, 2007 | Register Prior to September 1, 2007 | Register After to September 1, 2007 |
|--------------------------------|-------------------------------------|-------------------------------------|
| _____ \$405 AAP Members | _____ \$425 AAP Members | _____ \$450 AAP Members |
| _____ \$425 Non-Members | _____ \$450 Non-Members | _____ \$475 Non-Members |
| _____ \$195 Students | _____ \$235 Students | _____ \$250 Students |

Single Day(s) _____ \$160 per day, Circle day(s) attending: Thursday Friday Saturday
A \$75 fee will be charged for cancellation. No refunds after September 10, 2007

OPTIONAL FEES

_____ \$45 CE/CME Processing Fee
_____ \$75 *Wednesday Night Banquet: _____ Fish _____ Meat _____ Vegetarian
_____ \$75 Saturday Night Banquet & Dance: _____ Fish _____ Meat _____ Vegetarian
_____ **Total Due (payment in full must accompany this form)**

*All registrations include Wednesday Dinner Banquet, except Single Day registrants.

CREDIT CARD INFORMATION

_____ Check Enclosed (payable to AAP 2007 I&C)
_____ Credit Card: _____ Visa _____ MasterCard _____ American Express
Credit Card # _____ Expiration Date _____
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WORKSHOP SELECTIONS

Please indicate your 1st, 2nd, and 3rd choices by writing the workshop number in the space provided. For multi-session workshops, repeat the workshop number in the appropriate spaces. Workshops are assigned in the order received.

Thursday Afternoon _____ 1st _____ 2nd _____ 3rd
Friday Afternoon _____ 1st _____ 2nd _____ 3rd
Saturday Afternoon _____ 1st _____ 2nd _____ 3rd

THE MANY FACES OF FEAR ATTACHMENT, TRAUMA AND NEUROSCIENCE PERSPECTIVES

The 2007 Annual Institute & Conference of The American Academy of Psychotherapists

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